

## ABSTRACT OF THE DISCLOSURE

A microwave cooking apparatus, product and method of producing microwaved foods. A microwave cooking apparatus includes a housing with one or more support members, a food item, and a grill having a susceptor coating. The grill supports the food item and is secured by the support members. A gelatinous food ingredient is located in the lower housing section and below the grill. When the ingredient is heated, steam from ingredient rises through apertures in the grill and is applied to the food item to add flavorings, aromas and/or colorings to the food item. A vent in the housing can be adjusted to change the moisture content of the heated food item. The housing can be sealed and evacuated of air or injected with an inert gas to reduce decay and spoilage of the food item therein.